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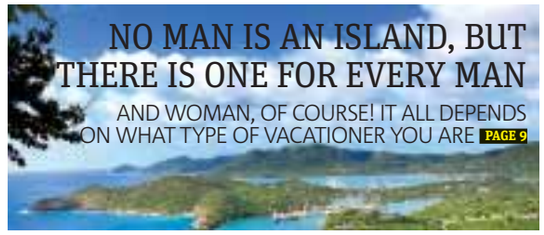
NO MAN IS AN ISLAND, BUT THERE IS ONE FOR EVERY MAN
AND WOMAN, OF COURSE! IT ALL DEPENDS ON WHAT TYPE OF VACATIONER YOU ARE PAGE 9

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UKRAINE NO JOKE: TRUDEAU

Liberal Leader Justin Trudeau in the House of Commons on Parliament Hill in Ottawa on Tuesday. The leader apologized to the Ukrainian ambassador on Tuesday for a joke he had made about Ukraine, which is steeped in political turmoil. Story, page 3. SEAN KILPATRICK/THE CANADIAN PRESS

Could going south solve grain backlog?

Weighing alternatives. Premier says U.S. transportation system seems to have 'greater competition, greater capacity to handle'

Premier Brad Wall says it might be time to look at shipping grain south through the United States instead of east and west to Canadian ports.

Wall made the comments Tuesday while voicing his frustration over a grain backlog that has left a record crop sitting in bins across the Prairies.

"While the U.S. transportation system isn't perfect, they certainly have not had the degree of trouble we've had. There seems to be greater competition, greater capacity to handle," said the premier.

"And so in addition to the option of two providers going east-west, maybe we need to look increasingly at the option of having grain move south and being part of the U.S. system to port, so we can actually serve the markets that are so important to our farmers."

Wall mused about possible incentives from the province for a north-south railroad.

It would help to diversify transportation, he said.

"If this is the new norm ... of the volumes we're seeing and we're going to continue seeing some oil on rail and potash on rail, I just fundamentally think it's time we look at every option and maybe increase the options we have for moving these commodities, not just east and west, as I say, but maybe north and south to a greater degree," said Wall.

Still a ways to go

Grain-handling companies have told the province that it may be well into 2015 before the backlog is cleared.

Saskatchewan said Monday it wants the federal government to oversee negotiations on performance agreements between grain and rail companies.

Federal legislation allows a government arbitrator to decide if a signed service agreement between a shipping company and a railway has been violated, but most grain handlers don't have such contracts. That means rail companies determine the level of service they're going to provide.

THE CANADIAN PRESS

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Saskatchewan Party

Premier says he wants a third term

Saskatchewan Premier Brad Wall says he wants to stick around for a third term because there's more work to do.

Wall says he will be the first Saskatchewan Party candidate nominated for the next provincial election at a March 20 event in his hometown of Swift Current.

Premier Brad Wall ROSS ROMANIUK/METRO

The premier says he has asked all of the Saskatchewan Party members of the legislature to indicate whether they plan to run again.

The next provincial election was to take place in November 2015, but has been bumped back to April 2016 so that it doesn't overlap with a federal vote.

There will be new faces in the Saskatchewan legislature, in part because the electoral map has been redrawn to add three new constituencies, bringing the total number to 61. THE CANADIAN PRESS

Elderly victim

Regina woman charged with fraud, theft

A Regina woman is charged with theft and fraud after an elderly woman lost more than $112,000 in cash and property.

The suspect allegedly befriended the 89-year-old victim last May and later worked as her caregiver for four months until the older woman died of natural causes. The suspect is alleged by Regina police to have taken money and other items from the victim's accounts and home during that period.

Police arrested Kimberly Dawn Kelln, 37, on Tuesday and charged her with theft over $5,000 and fraud over $5,000.

Kelln is scheduled to appear in court on April 15. METRO

Southern Saskatchewan shelters strained by cold snap

'Extreme cold'. Waterston Centre recently added 20 new beds, which exec. director says are usually full

SARAH TAGUIAM
sarah.taguiam@metronews.ca

The continuing deep freeze in southern Saskatchewan has emergency shelters in Regina and Saskatoon feeling a strain due to heavy use and dwindling resources.

"The extreme cold certainly impacts what we do," Martin McCarter, executive director of Salvation Army Regina's Waterston Centre, said on Tuesday.

"The more people we have means an increase in duties for housekeeping and in the kitchen for meals.... We've had budget assessments looking at how we can maintain the services we provide."

The Waterston facility has 52 beds, including 20 recent additions. McCarter said they're almost always full.

Saskatoon's Lighthouse Supported Living has also been affected. According to spokeswoman DeeAnn Mercier, the shelter doesn't have enough winter gear such as mitts, toques and jackets to hand out.

"It's really sad," Mercier said. "People are asking us for mitts all the time, and we just can't seem to keep enough of them on hand."

Through social media, Lighthouse has reached out for donations. The shelter also recently held its first Coldest Night of the Year Walk, which raised more than $40,000.

Mercier wants Lighthouse to acquire winter clothing and to expand its stabilization shelter for users with drug or alcohol addictions.

"It's been a very long and cold winter," she said, "and it's been a constant battle. But we always find room for anyone in need."

Environment Canada meteorologist John Paul Cragg, for now, can offer little comfort in the region's forecast.

"We're just in a pattern where cold arctic air is streaming in with no Pacific air to moderate the temperature," Cragg said. "It does look like spring is going to be delayed."

Martin McCarter of the Salvation Army's Waterston Centre says prolonged, extreme cold strains the Regina shelter's resources. ROSS ROMANIUK/METRO

Doubt over Lawson Aquatic Centre as NAIG site

Despite city council's approval of $1.5 million in repairs to the Lawson Aquatic Centre, doubts persist as to whether the pool will be ready for use at this summer's North American Indigenous Games (NAIG).

Regina's council approved the expenditure during Monday's budget meeting to address the facility's lingering air quality issues, which have prompted Swim Saskatchewan to refuse to sanction some NAIG aquatic events.

Lawson Aquatic Centre
SARAH TAGUIAM/METRO

City administrative staff say interim measures to ensure the facility can host NAIG competitions haven't been fully assessed.

"We're hopeful that we can have that sanctioning ban removed in time to host events, including the North American Indigenous Games this summer," said Chris Holden, the city's director of community development, recreation and parks.

Council also approved a 5.9 per cent property tax hike at the lengthy meeting, which began at 5:30 p.m. and concluded around 12:30 a.m. on Tuesday — as well as an eight per cent increase in water and sewer rates in 2014 and again in 2015.

Holden said the city will begin talks with Swim Saskatchewan and the Regina Qu'Appelle Health Region to determine whether Lawson is suitable to host NAIG events following the interim measures to improve air quality.

Longer-term repairs are slated to be completed this summer, in time to ensure a continuation of full fall programming.

Coun. Shawn Fraser said he's optimistic that an arrangement can be reached to ensure NAIG events run at Lawson as scheduled.

"I'm hopeful that there will be some interim fix put in place to make sure that can happen," he said. "It's a very important event for the city." MARCO VIGLIOTTI/METRO

Liberal Leader Justin Trudeau has apologized after facing heat for comments that lightheartedly linked the conflict in Ukraine with the Russian Olympic hockey defeat. SEAN KILPATRICK/THE CANADIAN PRESS

Trudeau says sorry for joke about Ukraine

No laughing matter. Liberal leader apologizes for remark about Russian invasion as opponents look to capitalize on the gaffe

Justin Trudeau was back on Parliament Hill Tuesday to face the music for his joke about Ukraine, as the Conservatives and NDP pondered once again how to make the Liberal leader's latest gaffe stick.

Trudeau told the media he waited until Tuesday to apologize because he "wanted to make sure that I had the chance to express directly to leaders in the Ukrainian community … how seriously the Liberal party takes the situation in Ukraine."

He added that his joke during a pre-taped appearance on a Radio-Canada current affairs program "made light of some very real fears and concerns that Ukrainians have about Russian intervention."

Trudeau apologized earlier in the day to the Ukrainian ambassador to Canada after making a quick visit to the embassy. Vadym Prystaiko, who had called for the apology a day earlier, praised Trudeau for being the first Canadian politician to sign a book of condolences.

Trudeau also took to Twitter to say he'd made amends with Paul Grod, head of the Ukrainian Canadian Congress.

In his interview last Thursday with Tout le Monde en Parle, Trudeau suggested Russia, peeved about being eliminated from the medal round in Olympic hockey, might vent its spleen by getting involved in Ukraine.

"It is even more worrisome now," Trudeau said in the interview, broadcast Sunday night. "Especially since Russia lost in hockey, they will be in a bad mood. We are afraid of a Russian intervention in Ukraine."

"Only because of hockey?" the show's host, Guy A. Lepage, asked Trudeau as other panellists chuckled.

"No," Trudeau replied. "It is an attempt to bring a light view of a situation that is extremely serious and extremely troubling."

In the aftermath of Trudeau's comments, both the Conservatives and NDP pounced in an effort to inflict some damage. Trudeau is consistently ahead in public-opinion polls and wrapped up a successful policy convention in Montreal over the weekend.

THE CANADIAN PRESS

A gaffe-ing matter

In the last year, Trudeau's political foes have taken aim at his remarks on China, his joke about used-car salesmen, his comments following the Boston marathon bombings and now on Ukraine.

- Tory insiders say it's just a matter of time before Trudeau's verbal missteps start to hurt him, and the Conservative strategy is to simply bide their time until he does himself in.
- And yet, Trudeau is still comfortably atop the polls.

Political acrobatics

"There is a high-wire act element with Justin Trudeau, to be sure, but so far he's managing to pull it off. He seems to have pretty good instincts, and there's smart people around him keeping him on track."

Richard Johnston, public-opinion expert at the University of British Columbia.

Parliament watchdogs say Tory bill will enable dirty politics

Parliament's key watchdog agencies say a Conservative bill aimed at exposing potential partisanship in their offices raises problems of basic fairness and could actually hamper their own investigations.

Tory MP Mark Adler's private member's bill would allow any MP or senator to accuse an employee of an office of partisan conduct and demand an investigation.

It also proposes to force employees of those agencies to make a public declaration of their political activities going back a decade.

Here's mud in your eye

Issue was taken with the fact that the bill has no definition of "partisan conduct."

- "Under this (bill), nobody has to even think up reasonable grounds; they can just fling mud," said Ethics Commissioner Mary Dawson.

That's not sitting well with eight officers and agents of Parliament, who wrote to the Commons ethics committee to register their concerns. Three appeared before MPs at a hearing Tuesday.

Ethics Commissioner Mary Dawson, Chief Electoral Officer Mark Mayrand and Auditor General Michael Ferguson all questioned the necessity of the bill when other statutes and codes already require the non-partisanship of their employees.

THE CANADIAN PRESS

Misuse of public funds?

N.L. to spend $60K to clean up image of seal industry

Newfoundland and Labrador is funding an awareness campaign aimed at seal industry "misconceptions" ahead of a World Trade Organization appeal.

Fisheries Minister Keith Hutchings said Tuesday the province will give $60,000 to the Seals and Sealing Network, an industry group that's leading the campaign.

Animal-rights groups say this is a misuse of public funds. THE CANADIAN PRESS

Toronto. Ford opens up to American TV host, shuts down local journalists

The mayor of Toronto was happy to discuss drinking and drugs with the host of a U.S. morning show on Tuesday but bristled when asked questions on the same issues by journalists in his own city.

"I don't use illegal drugs. I experimented with them, like probably a year ago, but I don't use drugs," Rob Ford told Today show host Matt Lauer. "Things are going fantastic, Matt."

Ford took a combative stance when asked by Toronto reporters to clarify his comments.

Not quite perfect

"Maybe you're perfect, but I'm not. We're moving on in a positive direction."

Toronto Mayor Rob Ford, to Matt Lauer

"Don't be jealous if I do an interview with an American station," he told journalists while leaving a news conference where he refused to answer questions on drug use.

THE CANADIAN PRESS

Uganda. Newspaper publishes list of the country's '200 top' gays

A Ugandan newspaper published a list Tuesday of what it called the country's "200 top" gays, outing some Ugandans and raising fears of violence against those named just a day after the president enacted a severe anti-gay law.

Many on the list "are scared and they need help," said Pepe Julian Onziema, a prominent Ugandan gay activist who was named in the Red Pepper tabloid. "Some want to leave the country and they are asking to be helped."

Meanwhile, U.S. Secretary of State John Kerry said Monday's signing of the bill by President Yoweri Museveni marked "a tragic day for Uganda and for all who care about the cause of human rights."

He warned that Washington could cut aid to the East African nation over the new law, which punishes gay sex with up to life in prison. THE ASSOCIATED PRESS

A Ugandan reads a copy of the Red Pepper tabloid newspaper in Kampala, Uganda on Tuesday. STEPHEN WANDERA/THE ASSOCIATED PRESS

Thai protester raises fists against government

An anti-government protester raises her clenched fists as she listens to a speech by anti-government protest leader Suthep Thaugsuban in Bangkok, Thailand on Tuesday. The protesters, mostly representing the urban elite and those in the south, are pressing for the resignation of Prime Minister Yingluck Shinawatra. SAKCHAI LALIT/THE ASSOCIATED PRESS

Students targeted. Islamic militants launch attack on Nigerian school

Islamic militants set fire to a locked dormitory at a school in northern Nigeria, then shot and slit the throats of students who tried to escape through windows during a pre-dawn attack Tuesday. At least 58 students were killed, including many who were burned alive.

They "slaughtered them like sheep" with machetes, and gunned down those who ran away, said one teacher, Adamu Garba.

Soldiers guarding a checkpoint near the coed government school were mysteriously withdrawn hours before it was targeted by the militants, said the spokesman for the governor of northeastern Yobe state.

Female students were spared in the attack, said the spokesman, Abdullahi Bego, though girls and women have been abducted in the past by militants of the Boko Haram movement, whose name means "Western education is forbidden."

This time, the insurgents went to the female dormitories and told the young women to go home, get married and abandon the Western education they said is anathema to Islam, Bego said. All of the dead were teenage boys or young men. THE ASSOCIATED PRESS

Tensions soar in Crimea against Kyiv 'bandits'

'Russia, save us!' Protesters in the pro-Russian region of Crimea aren't ready for the change in Ukraine's government

Dozens of pro-Russian protesters rallied Tuesday in the Ukrainian peninsula of Crimea against "the bandits" in Kyiv who are trying to form a new government — with some even speaking of secession. A lawmaker from Russia stoked their passions further by promising them that Russia will protect them.

As a Russian flag flew Tuesday in front of the city council building in Sevastopol — a key Crimean port where Russia's Black Sea Fleet is based — an armoured Russian personnel carrier and two trucks full of troops made a rare appearance on the streets of the city.

The Crimean Peninsula — a pro-Russian region about the size of Massachusetts or Belgium — is a tinder pot in the making.

Protesters had torn down the Ukrainian flag a day ago, pleading with Moscow to protect them from the new authorities in Ukraine who have forced President Viktor Yanukovych to flee Kyiv, the capital, and go into hiding.

"Bandits have come to power," said Vyacheslav Tokarev, a 39-year-old construction worker in Sevastopol. "I'm ready to take arms to fight the fascists who have seized power in Kyiv."

Yanukovych's whereabouts are unknown but he was last reportedly seen in Crimea. Law enforcement agencies have issued an arrest warrant for Yanukovych over the killing of 82 people, mainly protesters, last week in the bloodiest violence in Ukraine's post-Soviet history.

Chanting "Russia, save us!" the protesters gathered for a third day before administrative buildings in Sevastopol and in other Crimean cities. The protests Sunday numbered in the thousands.

Ukraine's new authorities are clearly concerned about the tensions in Crimea. The country's interim leader, Oleksandr Turchinov, met with top security officials Tuesday to discuss the situation there. THE ASSOCIATED PRESS

Quoted

"Bandits have come to power. I'm ready to take arms to fight the fascists who have seized power in Kyiv." Vyacheslav Tokarev, a 39-year-old construction worker in Sevastopol

Eye for an eye

U.S. expels three Venezuelan diplomats

The United States has expelled three Venezuelan diplomats in response to similar action against three U.S. consular officials in Caracas. Venezuelan envoys Ignacio Luis Cajal Avalos, Victor Manuel Pisani Azpurua and Marcos Jose Garcia Figueredo, were given 48 hours to leave the U.S. THE ASSOCIATED PRESS

Amid strikes

Egypt names a new premier

Egypt's interim president chose the outgoing housing minister, a construction magnate from the era of ousted autocrat Hosni Mubarak, as his new prime minister on Tuesday. The switch appeared orchestrated to give military chief and likely presidential candidate Abdel-Fattah el-Sissi a window for a quieter street after a spike in labour strikes. THE ASSOCIATED PRESS

Lending support

Baird set to travel to Kyiv

Foreign Affairs Minister John Baird is going to Ukraine to get a first-hand look at the situation in the troubled country. Prime Minister Stephen Harper says Baird and a delegation of Ukrainian-Canadian leaders and parliamentarians will travel to Kyiv, the capital and the epicentre of the political unrest that has rocked Ukraine for months. Harper says Baird will offer Canada's support for efforts to restore democracy in Ukraine. News of the trip comes as Russia's ambassador to Canada says talk about the possibility of Russian troops invading Ukraine is nonsense. THE CANADIAN PRESS

Bitcoin traders brought to knees

Tokyo. Following news of Mt. Gox vanishing, the cybercurrency fell below $500, from a high of $1,200

Bitcoin trader Kolin Burgess, right, of London and American Aaron (only his first name was given) hold protest signs as they conduct a sit-in in front of the office tower housing Mt. Gox in Tokyo Tuesday. KAORI HITOMI/THE ASSOCIATED PRESS

One of the world's largest bitcoin exchanges has seemingly disappeared, delivering a severe blow to the virtual currency as it struggles to gain legitimacy.

A coalition of virtual currency companies said Tuesday that Tokyo-based Mt. Gox went under after secretly racking up catastrophic losses.

Mt. Gox's website was returning a blank page Tuesday. The disappearance of the site follows the resignation Sunday of Mt. Gox CEO Mark Karpeles from the board of the Bitcoin Foundation, a group seeking legitimacy for the exotic new form of money. The exchange had imposed a ban on withdrawals earlier this month.

Prominent supporters of Bitcoin — including San Francisco-based wallet service Coinbase and Chinese exchange BTC China — sought to shore up confidence in the currency by saying Mt. Gox's collapse was an isolated case of mismanagement. They said it had abused users' trust, but did not offer details.

"As with any new industry, there are certain bad actors that need to be weeded out, and that is what we are seeing today," the statement said.

Since its creation in 2009, Bitcoin has become popular among tech enthusiasts, libertarians and adventurous investors because it allows people to make one-to-one transactions, buy goods and services and exchange money across borders without involving banks, credit card issuers or other third parties. Criminals like Bitcoin for the same reasons.

For various technical reasons, it's hard to know just how many people around the world own bitcoins, but the currency has attracted outsize media attention and the fascination of millions as an increasing number of large retailers such as Overstock.com begin to accept it. Speculative investors have jumped into the Bitcoin fray, too, sending the currency's value fluctuating wildly in recent months. In December, the value of a single bitcoin hit an all-time high of $1,200 US. In the aftermath of the Mt. Gox collapse Tuesday, one bitcoin stood at around $470 US.

Central banks across the globe have been hesitant to recognize Bitcoin as a legitimate form of money, and Mt. Gox's virtual vanishing isn't helping. Mt. Gox "reminds us of the downside of decentralized, unregulated currencies. There is no Federal Reserve or IMF to come to the rescue. There is no deposit insurance," said Campbell Harvey, a professor at the Duke University Fuqua School of Business who specializes in financial markets and global risk management. THE ASSOCIATED PRESS

Burn me once shame on you...

"I may have lost all of my money ... It hasn't shaken my trust in Bitcoin, but it has shaken my trust in bitcoin exchanges."

Kolin Burgess, who said he'd been picketing the Tokyo office tower housing Mt. Gox since Feb. 14 after flying in from London, hoping to get back $320,000 he has tied up in bitcoins with the exchange.

'Being your own bank' carries risk: Expert

Bitcoin buttons on a table at the Inside Bitcoins conference in Berlin this month. THE ASSOCIATED PRESS FILE

The head of the Bitcoin Alliance of Canada says the collapse of a major currency exchange in Japan, following months of secret catastrophic losses, serves as a warning to those who buy and trade in the popular digital currency.

Anthony Di Iorio, the executive director at the non-profit organization, advises that the lesson to be learned is that large amounts of bitcoins should not be left on any exchange or service due to possible security risks.

"The great thing about Bitcoin is that you can be your own bank and nobody has access to your funds," he said Tuesday.

"But if you are putting them in an exchange, and you're buying and selling, you have to have them stored there at least for a small amount of time."

The risk with leaving your money languishing with a third party is that if the site shuts down, your investment is gone with it.

THE CANADIAN PRESS

Huge loss

740,000

At the Tokyo-based Mt. Gox it's estimated as many as 740,000 bitcoins are missing, roughly translating to hundreds of millions of dollars' worth of losses.

Rights. LinkedIn grapples with censorship in China

LinkedIn is launching its site in simplified Chinese, the written characters used on the mainland, as it works to expand in the country with the world's largest Internet population.

The professional networking service hopes to broaden its reach in the country with more than 140 million professionals, 4 million of whom use LinkedIn. Until now, the site in China was in English only.

LinkedIn Corp. acknowledges that expanding in China raises "difficult questions" because it will be required to censor content. It says it will be clear about how it conducts business in China and undertake "extensive measures" to protect members' rights and data.

Two-thirds of LinkedIn's 277 million users are outside of the U.S. Unlike Facebook, Twitter and other sites, LinkedIn has always been allowed to operate in China.

THE ASSOCIATED PRESS

Bzzz. Uncle Sam spending $3M to feed honeybees

The U.S. Department of Agriculture will spend millions of dollars to help farmers and ranchers improve pastures in five Midwestern states to provide food for struggling honeybees under a program to be announced Tuesday.

Commercial honeybees pollinate an estimated $15 billion US worth of produce each year. Many beekeepers bring hives to the Upper Midwest in the summer for bees to gather nectar and pollen for food, then truck them in the spring to California and other states to pollinate everything from almonds to apples to avocados. THE ASSOCIATED PRESS

A new U.S. program aims to ensure honeybees have enough pollen and nectar to snack on. THE ASSOCIATED PRESS

$56,000. Selling legal pot brings in green for taxman

A Colorado county with two recreational marijuana stores has become the first in the state to announce tax totals from the new industry.

Pueblo County finance authorities announced Monday that its two shops had about $1 million US in total sales in January, producing about $56,000 US in local sales taxes.

Pueblo County is the only place between Denver and the New Mexico state line that currently allows recreational pot stores.

Pueblo County Clerk Gilbert "Bo" Ortiz projected the marijuana industry will generate roughly $670,000 in new tax revenue for his county this year. THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.20¢ (-0.16¢)

TSX
14,188.98 (-38.10)

OIL
$101.83 US (-$0.99)

GOLD
$1,342.70 US (+ $4.70)

Natural gas: $4.67 US (-$0.05)
Dow Jones: 16,179.66 (-27.48)

Adding 800 stores

Timmies brews up plans to slam rivals

Tim Hortons Inc. is planning a flurry of changes to its operations, including healthier food choices and the addition of 800 new stores over the next several years as it looks to maintain its edge in an increasingly competitive market. Tim's CEO says "the plan is aggressive but very achievable."

THE CANADIAN PRESS

LET IT BE OR MAKE IT BETTER?

JUST SAYIN'

Paul Sullivan
metronews.ca

Thanks to sites like BuzzFeed, this is the Golden Age of Wasting Time.

And one of the best ways to waste time, wherever you are, whatever you're supposed to be doing, is the Identity Quiz.

You know? If you were a sandwich, what kind of sandwich would you be? Turns out I'm a ham sandwich, but you knew that.

As you launch your identity quest, be warned there are millions of these things. There are even millions of What Kind of Sandwich Am I? quizzes.

So we need a hook, and what better than this: It is the 50th anniversary of the English Invasion this month, starting with the night the Beatles appeared on the Ed Sullivan show and launched a rock revolution.

Of course, to celebrate the Fab Four moment, there's a quiz on BuzzFeed which allows you to find out which Beatle you are: the Popular (if a little square) Paul, the Genius John, the Spiritual George, and the Affable (if a little goofy) Ringo.

Like all great time wasters, the quiz is fun to do. You start by choosing your favourite psychedelic pattern, and go from there.

The quiz wants to know if you'd rather sing "oo-bla-di-bla-da" or "beep beep yeah!"

It wants to know if you think you should take a sad song and make it better. Or let it be.

The quiz asks you to choose your fave from a gallery of foxy '60s ladies (the Beatles and the boys of BuzzFeed are pre-feminist, apparently).

Finally it asks how you're feeling about love right now: All you need is love? Or can't buy me love?

By now you've figured out that this quiz (except for the foxy ladies) is based on Beatles' lyrics.

So it helps, if like me, you've spent a lifetime trying to get Yellow Submarine out of your head.

But as the Beatles have sold more records, had more No. 1 hits, and have been covered by more artists than any group in history, it's a safe bet you know John, Paul, George and Ringo maybe better than you know yourself.

So now that you've rushed to BuzzFeed to take the quiz, welcome back. Who are you?

If you're me, you're a late-'60s version of John Lennon, which is not what I expected but it's better than being an '80s version of John Lennon.

And I'm kinda relieved I'm not Ringo. Although you'd have to argue that Ringo is certainly the luckiest Beatle. If he hadn't met John or Paul, he'd be driving a bus in Liverpool, like his dad.

And taking the quiz to find out what Beatle he would be: John, Paul, George, or ... Pete?

ZOOM

Still cute with ears cut

SCOTT OLSON/GETTY IMAGES

Puppy love at former bin Laden base

Sgt. Kevin Ingram from Wheeling, West Virginia with the U.S. Army's 4th squadron 2d Cavalry Regiment comforts a puppy that had its ears cut off while visiting an Afghan National Police (ANP) outpost that was once home to Osama bin Laden during a patrol on Tuesday near Kandahar, Afghanistan.

Ears are often removed from puppies to prepare them to become fighting dogs.

Ingram's squadron is responsible for defending Kandahar Airfield against rocket attacks from insurgents. **GETTY IMAGES**

Also in Afghanistan

- A few years ago, an abandoned puppy was befriended by Navy reservist Mark Feffer, who wanted to adopt her. At the end of his tour he discovered she was lost, but a rescue mission reunited them.
- A British marine found a dog in 2010 with his ears and tail cut off. Once he told his sister the dog would be shot once he left Afghanistan, she set up a campaign to bring the dog to Britain.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Leaving your fate in the hands or the stars — or the astrologers who read the stars — might help you deal with your high school crush, but for real-world relationship woes, financial burdens or career concerns, you're going to need something a little more scientific. And what could be more solid than fortune teller, tarot card and magic eight ball apps.

SUPERBA/FLICKR

The Amazing Fortune Teller 3D:
Ask the gnome's crystal ball (or if you upgrade for $.99 you can ask a Rabbi, Rasta or leprechaun) up to three questions a day. Available for Android and Apple.

Tarot Card Reading:
Pick a card from your past and present to see what your future holds. Choose between life, love, money, health, travel, etc. Available for Android and Apple.

Magic 8-ball:
Just like the real thing, shake your phone to get an answer. But "don't count on it" if you have an iDevice. Only available in the Google Play store.

Twitter

@metropicks asked: Actor/writer/director Harold Ramis has died. What's your favourite Harold Ramis work?

@thechipfactor: "what happened to your Sargent? He got blowed up sir!" Best quote from any Harold Ramis film. He will be missed.

@DerchanskyLegal: definitely remember his work on #SCTV, but can't ignore his brilliance in #Caddyshack and #GroundhogDay

@Chriosania: Ghostbusters...but Stripes is a VERY close second

@starrydays17: the original Ghostbusters movie!

@BulliesFan27: Gotta be Stripes. That's the fact Jack! #RIPHaroldRamis

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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Neeson Taken with being Non-Stop man of action

Fighting Irish. Actor with serious chops embraces unexpected butt-kicking roles

IN FOCUS
Richard Crouse
scene@metronews.ca

Liam Neeson is an air marshal hunting an in-flight killer in the thriller Non-Stop. CONTRIBUTED

Much of the fun of 2008's Taken was watching beloved thespian Liam Neeson go all Chuck Norris in a dirty little Euro trash thriller.

In the action-adventure movie, Neeson played a former "preventer" for the U.S. government. A specialist in black ops, he was an undercover agent who contained volatile situations before they got out of control. Retired, he lived in Los Angeles near his estranged 17-year-old daughter Kim (Maggie Grace). When she is kidnapped by a child slavery ring, he has only 96 hours to use his particular set of skills to get her back. His rescue mission takes him on a wild rampage through the soft underbelly of Paris. "I'll tear down the Eiffel Tower if I have to," he says.

It's a down-and-dirty little flick, classed up somewhat by the presence of Neeson in the lead role and it became an unexpected lightening-in-a-bottle hit. It also redefined Neeson's recent career.

At an age when many actors are staring down the barrel of character parts and cameos, the 61-year-old has made an unlikely U-turn into action movies. "I was a tiny bit embarrassed by it," he says of Taken, "but then people started sending me action scripts."

His latest actioner is Non-Stop, a high-flying thriller that takes place on an international crossing from New York to London. Neeson is an air marshal who must prevent a crazed killer from murdering passengers in flight.

Taken and Taken 2 (which were essentially the same movie) worked not just because the action sequences were out of control, but because audiences had some empathy for Neeson's character as he kicked butt across Europe. It was a personal mission: He was trying to get his daughter back.

Action movies like Wrath of the Titans, The Grey and Unknown may not burnish Neeson's rep as a great actor, but when asked why he keeps making these kinds of movies, he has a solid reason: "Because they're dumb enough to offer them to me!"

Cast in the shame mould

"I was a tiny bit embarrassed by it [Taken], but then people started sending me action scripts."
Liam Neeson

Wham! Bam!

Arguably best known for his Best Actor Oscar nomination as the charismatic but humble German businessman Oskar Schindler in Schindler's List, the Irish actor has fully embraced his new career path.

- Vanity Fair even acknowledged the twist in an article called, Wham! Bam! Thank You, Liam!

Jennifer Lawrence ALL PHOTOS GETTY IMAGES

Jennifer Lawrence is on a hot streak, but everyone keeps spoiling her endings

Jennifer Lawrence just can't win. Last month, the Hunger Games star had Homeland spoiled for her by an over-eager red carpet interviewer before she'd had a chance to see all the episodes.

And now her American Hustle director, David O. Russell, reveals that while they were filming Silver Linings Playbook he gleefully spoiled one of the greatest novels of all time for her. "She's walking around the set all the time reading the Tolstoy novel Anna Karenina, which is like a phone book," he tells the Hollywood Reporter. "I was just impressed that this 20-year-old girl reading Anna Karenina is from Kentucky, likes to eat junk food and watch Real Housewives of Long Island. She's a down-home girl and she's reading this book. I love it."

But he didn't love it enough to let her enjoy the story in peace. "So I go, 'Have you gotten to the part where she throws herself under the train tracks?' And she goes, 'What?'" he remembers. "And she walks away from me sobbing."

Under the provisions of *The Alcohol and Gaming Regulations Act, 1997,* Notice is hereby given that 101182119 Saskatchewan Ltd. has applied to the Liquor and Gaming Authority for a Special Use Permit to sell alcohol in the premises known as Just for You Day Spa and Gift Studio at 1819 Cornwall Street Regina, SK of which the following is a correct legal description:

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Plan: OORA12095
1819 Cornwall Street
Regina, SK

Written objections for the granting of the permit may be filed with SLGA not more than two weeks for the date of the publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Commission, who may refuse to hold a hearing.

Write to:
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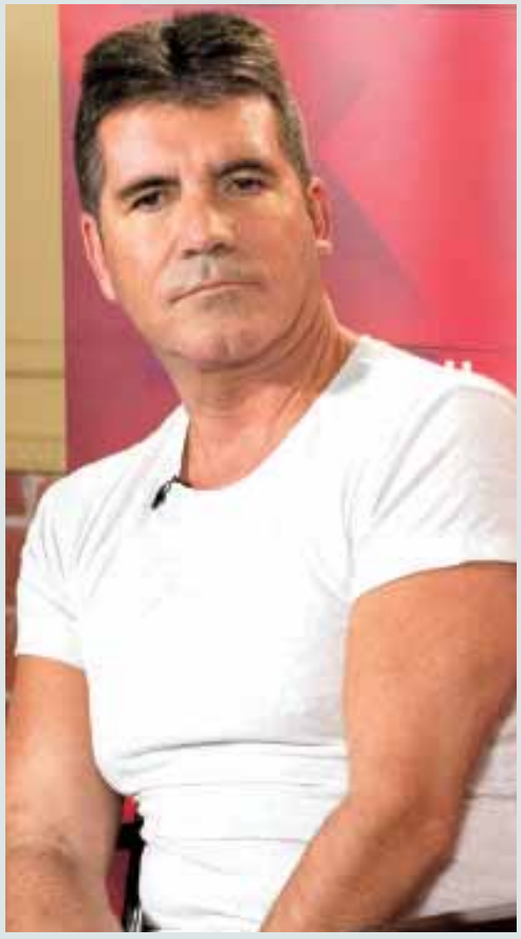
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Cowell gets a taste of his own negative medicine

PAT HEALY
Metro World News

Simon Cowell is learning firsthand just how hard it is to parent in the public eye.

After photos surfaced of Cowell holding 10-day-old son Eric on a Miami beach on Monday, mommy bloggers around the world spit out their placenta smoothies to go on the attack over his bad parenting.

"The sun? Simon, babies' skin is like parchment paper this young.... That kid is gonna look 45 when he's a teen," mommy blog The Stir chastised.

In regards to the photos and the fact that Eric flew in a plane (most doctors recommend no air travel until at least three months old because of air pressure concerns), a commentator on another site said, "I know I was told no flying or sun exposure until they were at least six months old. I guess these two are just idiots that ignore what a Dr. tells you."

To be fair, the photos show that Cowell and co. hid out most of the time underneath a shade and Eric did don a cap. As for me, I'm more aghast at poor baby Eric getting a mouthful of Cowell's chest hair than him being on the beach.

Jimmy Kimmel

Late-night host Jimmy Kimmel and wife Molly expecting their first child

Jimmy Fallon may be the late night host with a new show, but Jimmy Kimmel has reason to celebrate too. Kimmel and his wife Molly McNearney are expecting their first child together, his representative Lewis Kay has confirmed.

The TV personality first made the announcement during a taping of The Ellen DeGeneres Show, which will air Wednesday. The 46-year-old Kimmel already has two children, a 20-year-old son and a 22-year-old daughter, from a previous marriage.

THE ASSOCIATED PRESS

Amanda Bynes

Amanda Bynes gets three years probation after agreeing to plea bargain

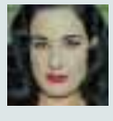
Amanda Bynes has settled at least a part of her laundry list of legal troubles. The former Nickelodeon star had her two-year-old DUI charge dismissed after agreeing to a plea bargain for her reckless driving charge stemming from an incident in April 2012 during which she allegedly collided with a police car, according to Radar Online.

As part of the plea bargain, Bynes received three years of probation and must pay a fine and attend alcohol education classes.

Twitter

@ForestWhitaker
'It is not only for what we do that we are held responsible, but also for what we do not do.' - Moliere

@idinamenzel
I heard myself on kiss fm today. I almost cried. For years I've been trying to get them to play my music.

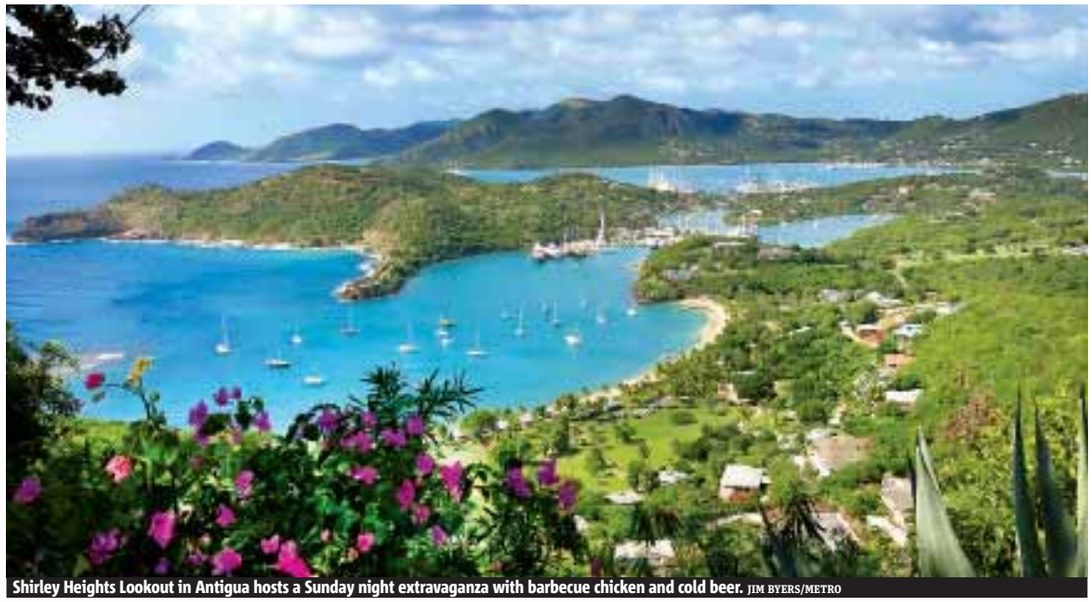


@DitaVonTeese
Wonderful quote I read about Casanova: "He treated women as his equals, yet undressed them as if they were his superiors."

An island of one's own

Caribbean craving? There are plenty of destinations to choose from in the warm southern seas — here's a rundown of some of the best

JIM BYERS
@jimbyerstravel
jimbyerstravel.com



Shirley Heights Lookout in Antigua hosts a Sunday night extravaganza with barbecue chicken and cold beer. JIM BYERS/METRO

It's still high season in the Caribbean. And high time you ventured south for a bit of sun and sand. But where to go? There's a Caribbean island for every kind of traveller, and the choices can be overwhelming. So here's a look at a few personal favourites that might fit your style.

For the swimmer-diver:
There's awesome swimming to be found off the coast of Negril, Jamaica. Down at Rick's Café, you can watch hugely talented local kids do wild, somersaulting dives off rocky cliffs into impossibly blue water. You can't get quite as high as they do, but there are places near the bar where you can do a perfect cannonball — or, more likely, a face plant — yourself. Small boats out of Negril often weigh anchor just offshore, allowing patrons to swim in some of the prettiest water the world has to offer. Alternative: Check out the cool bars and the swim scene at Orient Beach on St. Martin. It's clothing optional. But, like many places, some of the folks who doff their clothes are people who really should stay perched at the bar. In long pants. And a hoodie.

For the snorkel, scuba fan:
The U.S. Virgin Islands doesn't get the same attention from Canadians as some parts of the Caribbean. But there are glorious beaches to be found and wonderful water sports. At Trunk Bay on quiet St. John, which might be the prettiest beach on the planet, you can swim near offshore islands and follow an underwater trail. There's a similar trail near Buck Island, a short boat ride off St. Croix, where you'll also find a glistening white sand beach and hardly any people. Alternative: St. Lucia's Sugar Beach, nestled between the two giant rock pillars known as the Pitons, has one of the finest reefs in the Caribbean.

For the luxury lover:
Sandy Lane on the west coast of Barbados is a stunner. There are free-form pools, private villas, one of the Caribbean's top spas and sumptuous dining on offer. This area also is home to the wonderful Green Monkey golf course. Tiger Woods married Elin Nordegren here, not that that ended so well. Alternative: Amanyara is a quiet spot on a lovely stretch of sand in the Turks and Caicos, far from the crowds of Provo. Fabulous Asian-inspired food.

For the drinker:
What, you thought we forgot about bar hopping? One of the most famous imbibing spots on the planet is at Shirley Heights Lookout in Antigua, where they do a Sunday night extravaganza with plenty of cold beer, barbecue chicken and live music. Great sunsets and parties that last long into the night. It's also a stunning spot during daylight hours, with spectacular views of the island's green hills and perfect blue waters and boats bobbing in the bays below. Possibly the best vista in the Caribbean. Alternative: Sunshine's is a colourful, seaside bar on the west coast of Nevis, part of St. Kitts and Nevis. Try the local cocktail, the Killer Bee, and look for the photo of Wayne Gretzky.

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aeroplan

Citrus, chocolate, cardamom: The trio of tasty baking

This recipe makes 12 muffins. EMILY RICHARDS

Orange Cardamom Bran Muffins. Balance the tart-sweet flavours of orange with bittersweet chocolate

DINNER EXPRESS
Emily Richards
food@metronews.ca

With little chocolate surprises throughout these muffins, each bite will be different.

Fresh, bright orange flavour and colour burst through, making them attractive and tasty. Use a navel orange, which has no seeds and is very juicy.

This is a great muffin to make with the kids to show them how you can use the whole fruit. My kids always get a kick out of adding the pieces to the food processor,

1. In a large bowl, whisk together flour, bran, baking powder, soda and cardamom; set aside.

2. Cut orange into quarters. Place in food processor bowl and pulse until finely chopped, almost pureed. Scrape down sides and add milk, orange juice, brown sugar, butter, egg and vanilla and puree until combined. Fold in chocolate.

3. Pour orange mixture over flour mixture and stir until combined. Divide batter among 12 lined or greased muffin cups. Bake in 400 F (200 C) oven for 20 minutes or until they're golden brown and firm to the touch.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Cooking tips

- Look for dark chocolate or bittersweet chocolate chips or pastilles in grocery or bulk food stores with the percentage of cocoa right on the label. The higher the number, the darker and deeper the flavour of the chocolate.
- Wrap muffins individually and freeze for up to two weeks. Thaw at room temperature or in the microwave.

Ingredients

- 2 cups (500 ml) whole-wheat flour
- 1/2 cup (125 ml) wheat bran
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) baking soda
- 1 tsp (5 ml) ground cardamom or cinnamon
- 1 navel orange, unpeeled and washed well
- 3/4 cup (175 ml) milk
- 1/2 cup (125 ml) orange juice
- 1/3 cup (75 ml) packed brown sugar
- 1/4 cup (50 ml) butter, softened
- 1 large egg
- 1 1/2 tsp (7 ml) vanilla
- 1/4 cup (50 ml) chopped bittersweet chocolate, at least 60% cocoa

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Wrap up breakfast

With a few quick chops and stirs, this hearty breakfast burrito is great for a small family on the run.

Stir it together the night before and refrigerate it so that all you have to do is pop it in the microwave in the morning and fill the tortillas!

This is also delicious served up on English muffins or pita pocket halves.

1. In shallow bowl, using potato masher, mash the cooked canned navy beans until they are fairly smooth. Stir in egg and salsa or diced tomato until combined. Microwave on High and cook for 1 minute.

2. Stir in bell pepper, green onions, fresh chopped coriander and hot pepper sauce.

This recipe makes three servings. EMILY RICHARDS

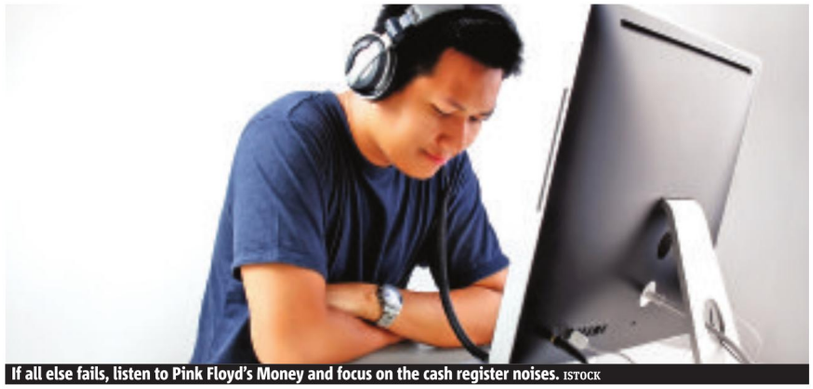
3. Microwave the mixture on High for 1 minute or until hot.

4. Stir everything well to combine and divide in centre of each tortilla and roll up to enjoy. EMILY RICHARDS

Ingredients

- 250 ml (1 cup) cooked canned navy beans, drained and rinsed
- 1 egg
- 30 ml (2 tbsp) diced tomato or salsa
- Half small red or green bell pepper, diced
- 2 green onions, thinly sliced
- 15 ml (1 tbsp) chopped fresh coriander (optional)
- Dash hot pepper sauce
- 3 small whole grain tortillas (about 18 cm/7 inches)

Sing a song of workday success



If all else fails, listen to Pink Floyd's Money and focus on the cash register noises. ISTOCK

Whistle while you work. Seven jams that will tune up your ability to take on your job

ELIAS
DA SILVA-POWELL
TalentEgg.ca

Every now and then you may find it difficult to bring the necessary quantity of pep and verve to your workday.

Whether your sub-par performance stems from illness or indulgence, you'll probably find yourself turning to music to get back into the swing of things — after coffee, of course.

While everyone has different musical tastes, this work-related group of songs should help you get through your day as smoothly as possible.

8:00 a.m.

9 To 5 – Dolly Parton

"Tumble outta bed / And stumble to the kitchen / Pour myself a cup of ambition"

Even if the title of Dolly Parton's gold single doesn't coincide with your work schedule, this hit from 1980 will help you kick-start your day. As an added bonus, this song will instantly make any commute feel like a montage — doubly so on public transit.

9:01 a.m.

Manic Monday – The Bangles

"It's just another manic Monday / I wish it was Sunday / 'Cause that's my funday / My I don't-have-to-run-day"

You may be one of the unhappy people who dread Monday as the start of the workweek.

This pop staple, written by Prince, of all people, tells the story of someone who knows exactly how you feel. This one is best enjoyed as background music while you settle down at your desk and plan your day.

Enjoy the increasingly creative attempts to rhyme with Monday.

10:35 a.m.

Bang The Drum All Day – Todd Rundgren

"I don't want to work / I just want to bang on the drum all day"

Like the average workday, this song can be a little repetitive at times, but it's also uplifting.

In Rundgren's self-defeating hedonism, you'll find a gentle reminder that you can't have fun all the time, or fun would lose its meaning.

There's a 50 per cent chance the chorus will get stuck in your head. You've been warned.

1:22 p.m.

Working For The Weekend – Loverboy

"Everyone's looking to see if it was you / Everyone wants you to come through"

If the title doesn't jog your memory, a few seconds of listening will. This number has been in a number of advertisements, TV shows, movies and video games.

This song's lyrics do an excellent job reminding you that all the responsibility is on your shoulders, while reinforcing that there's always a light at the end of the tunnel.

Get ready to power through the afternoon.

3:24 p.m.

Get Up Offa That Thing – James Brown

(Every other line in this song is "get up offa that thing." It's topical.)

There's a good chance your job or job hunt has you sitting in front of a computer for hours at a time, which isn't good for your health. At the risk of being rude and overly familiar, that thing you're sitting on? Get up off of it. Seriously.

I'm not allowed to dance without warning my co-workers in advance, but even I danced while writing about this song.

4:52 p.m.

Working Man – Rush

"(Extended instrumental break with your best vocal impression of a guitar solo)"

My understanding of Rush fans is that they rarely need a reason to listen to more Rush, so I only need to sell this to the rest of you.

For your own safety, I wouldn't recommend listening to this while you're typing.

Save this electrifying number for packing up at the end of the day — don't resist the urge to drum on the stacks of paper surrounding you.

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Regina Pats forward Logan McVeigh grapples with an opposing Lethbridge Hurricanes player on Tuesday night at the Brandt Centre. MARCO VIGLIOTTI/METRO

Dyson cleans up with four goals

WHL. Pats extend winning streak to 5 games, division lead to 8 points behind scoring machine Stevenson

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

On Tuesday

Pats	Hurricanes
8	0

The Regina Pats are inching closer to locking up a division title and second seed in an ultra competitive Eastern Conference.

The Pats extended their winning streak to five with a thoroughly convincing 8-0 trashing of the cellar-dwelling Lethbridge Hurricanes Tuesday night at the Brandt Centre.

Standout forward Dyson Stevenson led the way offensively, picking up a natural hat trick in the first period and adding another marker in the third period for the Pats (35-22-3-3).

Morgan Klimchuk picked up a goal and four assists for the host squad.

Meanwhile, the visiting Hurricanes (12-47-2-3) struggled all night to find their rhythm and were unable to launch many serious offensive pushes.

With the win, the Pats now lead the Swift Current Broncos by eight points for top spot in the East Division.

While the Broncos still have a game in hand over the Pats, it will be tough for the southwestern Saskatchewan squad to make up the difference this late in the Western Hockey League regular season.

The Pats have all but officially clinched a playoff spot, with nine games remaining this season.

Sanders out of Sask.

Jock joins on with Stampeders

The Calgary Stampeders signed free-agent import kick returner and running back Jock Sanders on Tuesday.

Sanders, 25, spent the past two seasons with the Saskatchewan Roughriders after making his CFL debut with the B.C. Lions in 2011.

Sanders played in 12 regular-season games for Saskatchewan last season and accumulated 1,485 all-purpose yards, including 787 on 35 kickoff returns, and 505 on 64 punt returns. He also rushed 21 times for 78 yards and caught nine passes for 115 yards and one TD. THE CANADIAN PRESS

Returner shuffle

Als scoop up Taylor from Calgary

Larry Taylor is returning to the city where he started his CFL career.

The Montreal Alouettes announced Tuesday that they have acquired the return specialist from Calgary, as well as the Stampeders' fifth-round draft pick in the 2014 CFL Canadian Draft. THE CANADIAN PRESS

Alexander heads home

Blue Bombers sign local boy at DB

The Winnipeg Blue Bombers have added to their Canadian talent base with the signing Tuesday of Winnipeg-born defensive back Donovan Alexander.

Alexander was released last week by the Eskimos, where he spent the past three seasons at safety. THE CANADIAN PRESS

Game on! Sabres get win as blizzard of questions surround Miller's future

Christian Ehrhoff scored twice, including the go-ahead goal with 44 seconds left, in lifting the Buffalo Sabres to a 3-2 win over the Carolina Hurricanes on Tuesday night in the NHL's first game after its Olympic break.

Ryan Miller stopped the first 20 shots he faced and 36 overall in what might be the goalie's final game in Buffalo before the trade deadline on March 5. THE ASSOCIATED PRESS

Trade rumours are swirling around Sabres goalie Ryan Miller. THE ASSOCIATED PRESS

NBA

"There's only so many ways you can talk about off-court stuff until really the focus is on basketball and how the team is doing."

Brooklyn Nets centre Jason Collins, the first openly gay player in NBA history, says it's up to the media to decide when the story becomes more about him just being a basketball player.

NHL. Tavares doesn't regret playing in Sochi

John Tavares' opinion on NHL players participating in the Olympic Games hasn't changed even though his New York Islanders' season ended on the other side of the world while he was wearing the colours of Canada.

"It's obviously a tough situation," the injured Islanders captain said Tuesday following his return from the Sochi Games. "I certainly love playing for my country, and if I got the call again, I would."

The 23-year-old Tavares tore the MCL and meniscus in his left knee a week ago against Latvia. He missed the final two games of Canada's march to the gold medal. THE ASSOCIATED PRESS

Quoted

"With this game, there is always that risk any time you step on the ice — the possibility of injury." John Tavares

Throw your leg over The Motorcycle Show

Sit on all the bikes. Except for the ultra fast and ultra rare models, visitors can fake two-wheeled thrills on any models in the exhibit.

AUTO PILOT
Mike Goetz
drive@metronews.ca

The Castrol Rocket was built to break land-speed records. CASTROL

Not much motorcycling going on Canadian roads this winter, unless you're one of those hardy souls who ride year-round with no sense in your head and lots of long underwear swaddling your nether regions.

But there is lots of motorcycle action to be had indoors, such as in The Motorcycle Show (operated by Power Sport Services) crossing the country this winter. This past weekend the show touched down at Toronto's Direct Energy Centre, a newish venue, bigger and better than in previous bike shows, even though the hot dogs and pizza slices still cost eight bucks or so.

I love motorcycle shows almost more than automotive shows, mostly because of this fact: cars have adjustable seats and steering wheels and motorcycles don't. Consequently, motorcycles have to fit your body type and your preferred riding position before you could even consider anything else about it … And the only way to determine a good fit is to throw a leg over the bike and sit on it. A motorcycle show lets you do that over and over again, even if you're not in the market for anything and just doing it for curiosity sake. Way more entertaining than trying on jeans for example, and also less claustrophobic.

Of course there are always bikes on a show floor you can't sit on, because they're super special in some way, and the Toronto show had two such knockouts: the Triumph Streamliner called the Castrol Rocket and the century-old Indian Boardtrack Racer.

The Castrol Rocket is built to break the world land-speed record for motorcycles, currently set at 605 kilometres per hour. The goal of the Castrol Rocket is 643 km/h.

The 25-foot long "motorcycle" has Carbon Kevlar monocoque construction, and two turbocharged Triumph Rocket III engines running on methanol, for about 1,000 horsepower, give or take.

Even though quite a few motorcycles have been designed since 1913, many feel the Indian Boardtrack factory racer, circa 1913, to be one of the most beautiful and purist motorcycle designs ever conceived. I guess it helps when you don't have to put a lot of extraneous features on the bike, like rear suspension, a starter, lights … and brakes! These bikes really only have two controls, a spark advance and a kill switch.

These bikes are rare and incredibly valuable, but this particular one is even cooler, because it is an original, in unrestored condition and believed to be actually raced in Toronto back in the day, by legendary Canadian motorcycle board track and flat track racer, Harold Cole.

So the Castrol Rocket was the fastest bike at the show and the Indian was the oldest. Let's look at a couple of other categories you might be wondering about…

The 2014 Indian Chief's leather fringed side bags say vintage all over. CONTRIBUTED

Frilliest? Probably the 2014 Indian Chief, by virtue of its totally vintage and outlandish leather-fringed side bags.

Most Frugal? Probably the new 2014 Honda Grom. Not only is it small, but the 125-cc powered bike is also a category buster. What is it? Big mini bike? Small motorcycle? Medium weight lifting equipment?

*Limited time 2.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of $16,415 (includes $1,100 Toyota Canada Lease Assist, which is deducted from the negotiated selling price after taxes, and $1,520 freight/PDI) leased at 2.9% over 60 months with $0 down payment equals 120 semi-monthly payments of $89 with a cost of borrowing of $1,735.85 and a total obligation of $12,369.05. $0 security deposit and first semi-monthly payment due at lease inception. Price and total obligation exclude license, insurance, registration, fees and taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at $0.05/km at time of lease inception, and a charge of $0.07/km for excess kilometres. Dealer may lease for less. †Toyota semi-monthly lease program available on 48 month and 60 month terms. Toyota semi-monthly lease program based on 24 payments per year, on a 60-month lease, equals 120 payments, with the final 120th payment waived by Toyota Financial Services. Competitive bi-weekly lease programs based on 26 payments per year, on a 60-month lease, equals 130 payments.

I'm glad they don't make 'em like they used to

Driving Force. Yes, classic cars can be timeless and beautiful but don't forget how lucky we are that the automobile evolved ... no more crank starts!

JIL MCINTOSH
Drive@metronews.ca

You've probably heard someone say, "They don't make 'em like that anymore," when comparing old cars to new ones. But while cars certainly have changed, that's not really a bad thing.

"You can be nostalgic, but there were all sorts of compromises," says Richard Pickering, retired producer of the Signature Classics Collection at the Canadian International Auto Show in Toronto. "Everything today, for all practical purposes, is better than it was back then."

The automobile's progress has always been an evolution, from cars that initially had to be cranked to start, to engines today that fire up almost instantly, thanks to computerized ignitions and fuel injection. Improvements in cooling systems have all but eliminated the overheated vehicles on the side of the road that used to be the norm in hot weather, while flat tires have become relatively rare due to better construction and rubber compounds.

Engines have also become far more efficient. In 1958, the first year of the Chevrolet Impala, you could order one with a 8-cylinder engine that made 250 horsepower, with fuel consumption of about 23 litres per 100 kilometres. A 2014 Impala gets 305 hp out of its V6 engine, and it's rated at 9.2 l/100 km. The new model also steers and handles better, has far better brakes, and considerably less body flex.

However, it's also pricier: when the 1958's price is converted to 2014 dollars, the new Impala costs about $12,000 more.

Perhaps the biggest change over the years has been in safety.

"Most people didn't have seatbelts, let alone use them," Pickering says. "You just had a bit of padding on the dash, a deep-dish steering wheel, and a collapsible steering column to keep it from being a spear."

In addition to anti-lock brakes, stability control and airbags, newer cars also have crumple zones, introduced by Mercedes-Benz in 1959. Some people complain that new cars fold up in a collision, unlike older cars that stay rigid, but it's a design that has helped to consistently lower the crash fatality rate, even though there are more cars on the road.

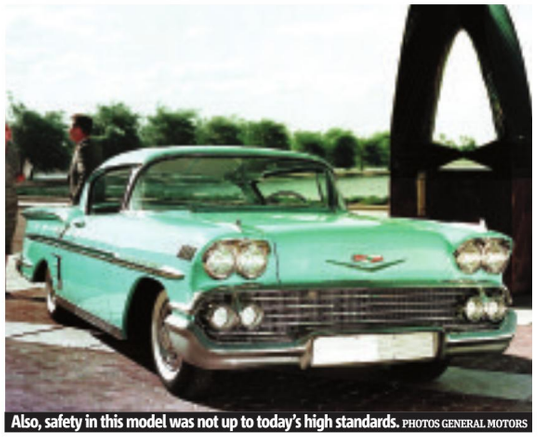
As a modern car's body progressively crumples, it absorbs and dissipates the crash energy. In older vehicles, the rigid body transferred that force to the occupants, slamming them into the interior components.

Old cars had a certain style, although the annual design changes on American cars meant there wasn't always time to get the fit-and-finish right. "The excessive use of chrome, the tail fins, catches our eyes today," Pickering says. "But what do I drive every day? It isn't a vintage car."

Interesting facts

- **Short warranties.** While some vehicles have a warranty for as long as five years or 100,000 km today, a typical 1940s warranty lasted only 90 days or 6,500 km.
- **False advertising.** Most old cars didn't actually make as much power as was advertised, due to the test standards at the time.
- **First self-starter.** The first gasoline car with a self-starter, which eliminated cranking the engine, was the 1912 Cadillac.

The 1958 Chevrolet Impala was aesthetically pleasing but steering and power lacked.



Also, safety in this model was not up to today's high standards. PHOTOS GENERAL MOTORS

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The Offer applies to the first four bi-weekly payments for customers paying on a bi-weekly basis and the sum of 12 monthly payments divided by 26 and multiplied by 4 for customers paying on a monthly basis ("First 4 Bi-Weekly Payments"). Maximum amounts are $500 on 2013/2014 Focus S and Fiesta S, $750 on 2013/2014 Focus (excluding S), Fiesta (excluding S) and 2014 ESCAPE, $1,000 on 2013/2014 Fusion, 2014 Mustang (excluding Shelby GT500), Escape S, $1,250 on 2013/2014 Taurus, Edge, 2014 C-MAX Energi, 2014 F-150 Regular Cab, Super Cab, and Super Crew, $1,500 on 2013/2014 Flex, 2014 Explorer, $1,750 on 2014 Expedition, All Mustang Shelby GT500, Transit Connect E-Series, F-150 Raptor, Super Duty, Medium Truck, Chassis, Stripped Cab and cutaway models excluded. Offer only available on approved credit (O.A.C.) from Ford Credit. If the equivalent of the First 4 Bi-Weekly Payments exceeds the maximum amount, the customer will be responsible for the balance. First 4 Bi-Weekly (or monthly payment equivalent, as applicable) payments are required from customer Finance customers will receive a cheque for the amount of their first 4 Bi-Weekly Payments from the dealer. For RCL customers, the first month's payment will be waived and they will receive a cheque for the amount of two bi-weekly payments according to the formula described above - customer will then be responsible for making all of his/her remaining scheduled payments in accordance with their contract. Offer not available to cash purchase customers. Not combinable with CFIP, CPA, GPC, Commercial Upfit Incentive Program or Daily Rental Allowances incentives. † Until January 31, 2014, receive $500/ $1,000/ $1,500/ $2,000 / $2,250/ $2,500/ $3,000/ $3,250/ $4,000/ $4,500/ $5,000/ $5,750/ $6,500/ $6,750/ $8,500/ $9,000/ $10,000/ $10,500 in Manufacturer Rebates with the purchase or lease of a new 2014 Escape (excluding 2.0L)/ 2013 Focus (excluding BEV), Fiesta], 2014 [Focus BEV, Escape 2.0L, E-Series,]/ 2013 [Escape S, E-Series,], 2014 [Mustang V6 Coupe, Taurus (excluding SE)] / 2013 [Edge AWD (excluding SE), F-150 Regular Cab XL 4x2 Value Leader, F-150 to F-150 Chassis Cabs,] 2014 [Edge, Transit Connect (excluding Electric), F-150 Regular Cab XL 4x2 Value Leader, F-150 to F-150 Chassis Cabs,]/ 2013 [Taurus SE]/ 2013 [Mustang V6 Coupe]/ 2013 [Edge FWD (excluding SE), Explorer Base], 2014 [Mustang V6 Premium]/ 2013 [C-MAX]/ 2013 [Taurus (excluding SE), Escape I.4L, Transit Connect (excluding Electric)], 2014 [Mustang GT]/ 2013 [Mustang V6 Premium, Escape 2.0L, Explorer (excluding Base)] / 2013 [Mustang GT]/ 2014 [F-150 Regular Cab (excluding XL 4x2)] / 2013 [Expedition], 2014 [F-150 to F-450 (excluding Chassis Cabs) - Gas Engine]/ 2014 [F-150 Super Cab and Super Crew]/ 2013 [F-150 to F-450 (excluding Chassis Cabs) - Gas Engine], 2014 [F-150 to F-450 (excluding Chassis Cabs) - Diesel Engine]/ 2013 [F-150 Regular Cab (excluding XL 4x2)]/ 2013 [Focus BEV, F-150 Super Cab and Super Crew]/ 2013 [F-150 to F-450 (excluding Chassis Cabs) - Diesel Engine] - all Raptor, GT500, 8001302, and Medium Truck models] excluded. * Until February 28, 2014 purchase a new 2013 Ford [F-150 Super Cab XLT 4x4 5.0L/ F-150 Super Crew XLT 4x4 5.0L] for [$25,999/$28,499] [after total Manufacturer Rebate of [$10,000] deducted]. Does payable on full amount of purchase price after total manufacturer rebate has been deducted. Offers exclude freight and air tax ($1,750) license, fuel fill charge, insurance, dealer PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ^^ Estimated fuel consumption ratings for the 2013 [F-150 4X4 5.0L V8 6-Speed Auto]. Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. **Offer only valid from February 1, 2014 to February 28, 2014 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before January 31, 2014 who purchase or lease of a new 2013/2014 Ford (excluding Fiesta, Focus, C-Max, Raptor, GT500, Mustang Boss 302, and Medium Truck) vehicle (each an "Eligible Vehicle"). 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Horoscopes

♈ Aries
March 21 - April 20
You may be anxious to see progress but if you take a risk too many, you could take a rather big step in the wrong direction. If you do, there is no point rebuking yourself. It happens sometimes.

♉ Taurus
April 21 - May 21
You seem to be putting off something you know you will enjoy. Whatever the reason, you need to get started on it soon. Don't worry that there may be an element of risk.

♊ Gemini
May 22 - June 21
Everyone at some time or another wishes they could go back and undo what they have done. With that in mind, don't be too hard on yourself if you realize you could have done more or done better.

♋ Cancer
June 22 - July 23
Even the experts get it wrong and if your hunches tell you that someone in a position of influence does not know what they are talking about, then by all means ignore any advice they give you.

♌ Leo
July 24 - Aug. 23
Be careful you don't get swept and end up doing things you might later regret. It's rarely a good idea to follow the herd and someone with your enquiring mind has no need to let others think for them.

♍ Virgo
Aug. 24 - Sept. 23
Patience is a must today because if you act impulsively you will lose out. You may be frustrated that something you are working on isn't progressing as quickly as you would like but what's the rush?

♎ Libra
Sept. 24 - Oct. 23
It would be nice if you could solve all the world's problems, but be realistic: You can't come close. What you can do is join with those who share your views and aim to change one specific thing for the better.

♏ Scorpio
Oct. 24 - Nov. 22
There is a danger that what you say over the next 24 hours will be taken the wrong way and used against you in the future. Misunderstandings can be costly, so spell out what you mean in plain language.

♐ Sagittarius
Nov. 23 - Dec. 21
If you need help, speak up. You have helped others out so many times in the past that they will go out of their way to help you in return, but they can't do that unless they know you are hurting.

♑ Capricorn
Dec. 22 - Jan. 20
You don't mind taking chances but with Jupiter in your opposite sign at odds with Uranus, planet of the unexpected. Today, it might be better to play safe. There is no such thing as a sure thing.

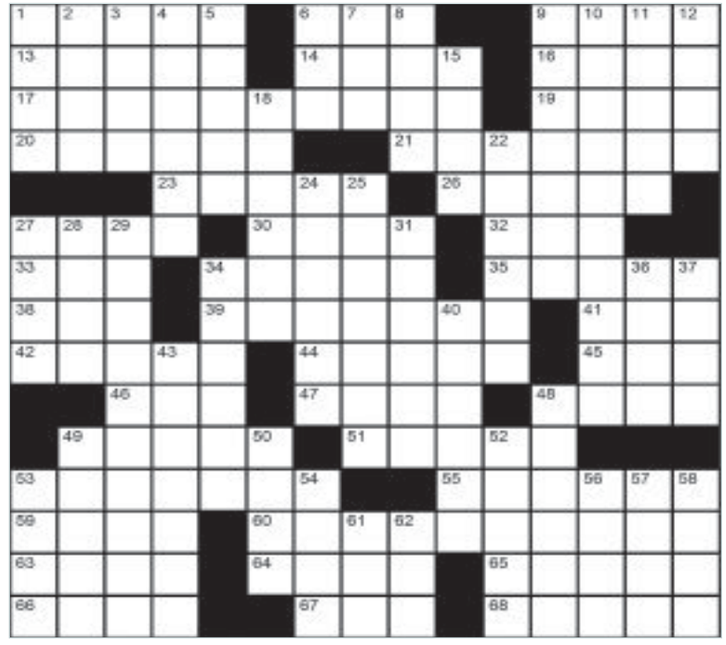
♒ Aquarius
Jan. 21 - Feb. 19
You want to do something for people who are less well off than you. That's noble but don't throw money at the first good cause that comes along. Get involved in a project that will make a lasting difference.

♓ Pisces
Feb. 20 - March 20
With Jupiter and Uranus at odds today, any decision you make is likely to have unforeseen consequences. Leave thing alone for the next 24 hours. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

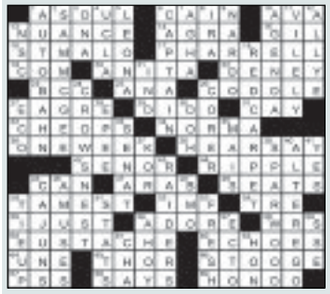
BY KELLY ANN BUCHANAN



Across
1. Vancouver stadium, BC __
6. Conrad __ (Actor on Bravo's set-in-Montreal police drama "19-2")
9. Nunavut: King William Island settlement, __ Haven
13. U2's drummer
14. Verdi opera
16. 'Exfol' ending
17. Best Picture winner directed by Clint Eastwood
19. X-__ knife
20. Add earth again
21. Have, as pretzels: 2 wds.
23. Type of religious belief
26. Declares
27. Zigs pals
30. Catriona Le May __
32. US docs' org.
33. Bread's "Baby __-_ Want You"
34. Sierra __
35. "Royals" singer
38. __'easter
39. Chrysler Building's style: 2 wds.
41. Fresh
42. Certain chamber
44. __ __ stock (Was available)
45. Ms. Gabor
46. Gladiator's 151
47. European erupter
48. Press
49. West or East, in Canada
51. Footnote abbr. meaning 'and the following' in Latin: 2 wds.
53. Extinct culture of Newfoundland
55. "Downtown" singer Ms. Clark
59. Dog food brand
60. Adhesive kind: 2 wds.
63. Jazzy Ms. Laine
64. "Who knows?" = "Qui __?" en francais
65. "_ __ a Message" by INXS
66. 'Life Is Peachy' band
67. Bigger sizes, e.g.
68. __ humains (Human beings, in French)

Down
1. Not singular [abbr.]
2. Street for Lois?
3. Pound sounds
4. 2014 Best Animated Feature nominee, "The __"
5. Hawk's habitation, variantly
6. Gambling game, __ Gow
7. Ms. Ullmann
8. Citrus coolers
9. Opera composer Mr. Puccini
10. Movie bigwig (b.1892 - d.1978) from London, ON who formed a still-existing-today movie studio with his brothers: 2 wds.
11. Mr. Preminger's
12. "__ Flux" (2005)
15. Ms. Faris
18. Sailplane
22. Newfoundland: __ Peninsula
24. Comfort
25. Authorization
27. Multivitamin mineral
28. Love: Spanish
29. "High Noon" (1952) star who won Best Actor: 2 wds.
31. "You __ bother."
34. On the tardy side
36. "Whip It" band
37. Mr. McGregor
40. The Company operative: acr. + wd.
43. Oliver Stone's Best Director war movie
48. Smartness meas.: 2 wds.
49. Stringed instrument
50. Wed's predecessor
52. Spooky
53. Not front
54. 2001 planetary Kevin Spacey flick
56. Addict
57. Queue
58. Ets equivalents
61. Lubricate
62. Cadillac's lettered sedan

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

8	4	6	7	9	2	5	3	1
1	5	3	6	8	4	7	9	2
9	2	7	1	5	3	6	8	4
5	1	4	8	3	7	2	6	9
3	6	9	2	4	5	8	1	7
7	8	2	9	6	1	3	4	5
8	9	5	4	7	6	1	2	3
4	3	1	5	2	8	9	7	6
2	7	6	3	1	9	4	5	8

Today
-16°/-31°
Partly cloudy

Thursday
-18°/-31°
Variable

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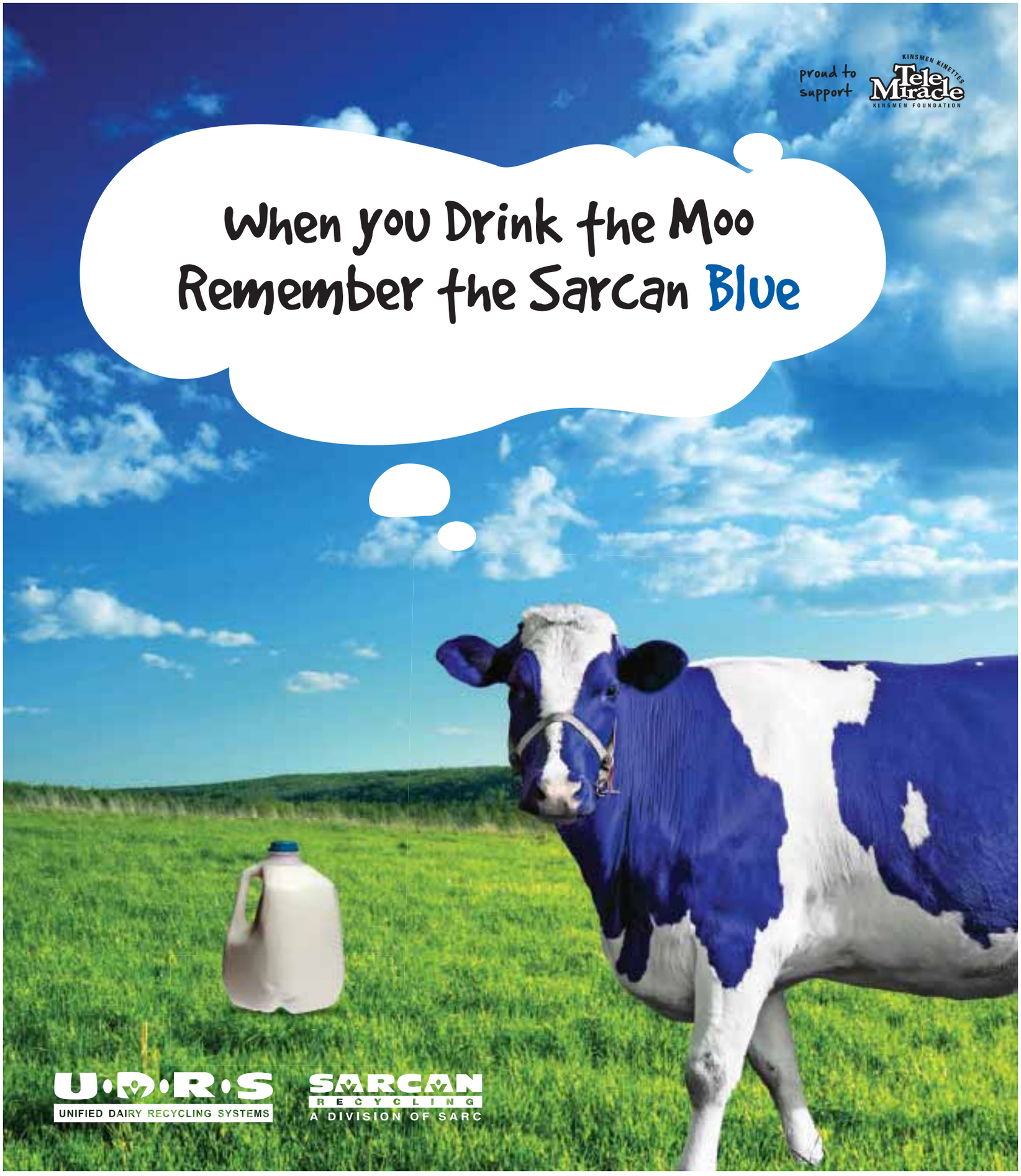
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